

# NORTH COUNTY PARKINSON'S SUPPORT GROUP

May 2022

[www.NCPSG.org](http://www.NCPSG.org)



NEWSLETTER FOR EVERYONE AFFECTED BY PARKINSON'S IN NORTH SAN DIEGO COUNTY

## We Sprang Into Spring!

On Monday March 21st we held our very first annual large group Spring Social. Over 40 folks arrived at Bobby's Hideaway Café hungry and ready to socialize. The food was great and the company better.



*We Met Outdoors...*



*And Indoors.*



*Paul Dawson, NCPSPG Board President is a loyal supporter of all our events.*



*Social Chair Sam Cooper and past Treasurer Betty Byrd*

## PASD Walk Success



*PASD Board President Marty Acevedo & Madonna Bingham*

A beautiful day for a walk in the park! April 9 was the Parkinson's Association of San Diego's annual 5K "Fighting Parkinson's Step-by-Step" Walk at Liberty Station. NCPSPG was well represented with over 100 of the thousand or so participants this year. NCPSPG and the other three support group organizations around the county had displays, and lots of visitors.

Madonna Bingham was the second top fundraiser collecting just under \$13,000. Carlo Cecchetto, CBS 8 news anchor, was MC, and asked Madonna what her secret was. "Stamps" was her answer. She writes to every potential donor, and includes a self-addressed stamped envelope - for a little added pressure. The Bingham Bunch was second largest group with 59 walkers (Madonna, captain), and the Rancho Bernardo Walkers (Jan Semerad, captain) were fourth with 32 walkers!

Funds raised stay in SD County, and underwrite the most comprehensive website you'll find, the outstanding new "Mentor program" with one-on-one advice and support, and "Empowerment Day" with 20+ subject-expert speakers and dozens of resource displays and vendors. Many thanks to all who helped support these important services.

### Inside This Issue

- Events Calendar Page 2
- IN FOCUS: Marty Acevedo Page 3
- Significant Parkinson's Research Page 4

## Support Group Meetings

Attendance at NCPSTG in-person events requires full vaccination or natural immunity (recovered from infection) against COVID-19. Attendance at an in-person event constitutes your certification of full vaccination or natural immunity.

## Chapter Meetings

### RANCHO BERNARDO

**Monday May 2, 10:00 AM**

*Speaker:* Susan Neese, Speech Pathologist

*Topic:* "Speech and Parkinson's"

**San Rafael Catholic Church** 17252 Bernardo Center Road, San Diego, 92128

*Hosts:* Brigit King & Carol Maher

[hcmaher@cox.net](mailto:hcmaher@cox.net) or 760-749-8234

### LA COSTA CARLSBAD

**Wednesday May 4, 1:00 PM**

*Speaker:* Leslie Salmon

*Topic:* "Yoga Therapy For Persons With Parkinson's"

**Christ Presbyterian Church**

7807 Centella St Carlsbad 92009

*Host:* Sam Cooper [NCPSTGLC@gmail.com](mailto:NCPSTGLC@gmail.com) or 520-820-0339

### OCEANSIDE

**Wednesday May 11, 1:00 PM**

*Speaker:* Cheryl Kyinn Certified Physician Assistant

*Topic:* "Duopa - delivery of Levodopa, a dopamine replacement, directly into the intestinal track."

**First Presbyterian Church**

2001 S. El Camino Real, Oceanside 92054, at Fire Mountain Rd

*Host:* Paul Dawson [paul@video-fire.com](mailto:paul@video-fire.com) or 760-497-1200

### FALLBROOK

**Friday May 27, 10:00 AM**

*Speaker:* Rex McCoy, NCPSTG Board

*Topic:* "Emergency Readiness/Aware in Care"

**Fallbrook Wellness Center**

1636 E. Mission Rd, Fallbrook 92028

*Host:* Irene Miller [NCPSTGF@gmail.com](mailto:NCPSTGF@gmail.com) or 760-731-0171

## Social Groups

Small Group No Host lunch, Monday, May 16, 11:30. If you are interested in joining us, contact Social Chair Sam Cooper at [scprphd@gmail.com](mailto:scprphd@gmail.com) or 520.820.0339

## NCPSTG Board of Directors

**Wednesday May 18, 1 - 3 PM** Board meets online on the third Wednesday of the month.  
Paul Dawson 760-497-1200

## Physical Exercise

(Contact Provider for In-person or On-line Options. Fees May Be Charged)

**ROCK STEADY BOXING** - Improve Parkinson's quality of life through non-contact boxing-based fitness curriculum. In-gym and online classes available. Find a class at:

<https://www.rocksteadyboxing.org/>

**PERSONALLY FIT ONLINE** - Zoom classes for PD. [Personallyfitonline.com](http://Personallyfitonline.com) or contact Doris Flood, PT at [dflood@personallyfitonline.com](mailto:dflood@personallyfitonline.com)

**CEREBRAL MOTION** Specialized personal training for PD. [Cerebralmotion.com](http://Cerebralmotion.com) or contact Mickey Burke MS at [mickey@cerebralmotion.com](mailto:mickey@cerebralmotion.com)

**COACH ME STRONG** A one-on-one exercise coaching program. Email [Coachmestrong.com](mailto:Coachmestrong.com)

**SmartXPD Online Exercise with Patrick**

An online/video exercise community. See

[SmartXPD.com](http://SmartXPD.com) or contact [patrick@smartxpd.com](mailto:patrick@smartxpd.com)

**Don Skaggs Total Healthworks:** Evidence based online fitness program. Email [totalhealthworks.com](mailto:totalhealthworks.com)

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## Vocal Exercise

**Tremble Clefs** -Therapeutic Singing and Socializing.

*North Inland Chapter (Rancho Bernardo)*

Wednesdays at 10:00 AM

San Rafael Catholic Church in the Parish Hall, 17252 Bernardo Center Road, San Diego 92128

*North Coastal Chapter (Encinitas)*

Tuesdays at 1:00 PM

Bethlehem Lutheran Church, in the Youth Multi Use Center, 925 Balour Dr, Encinitas, CA 92024

*In-person participants should be fully vaccinated, or attend via Zoom. Contact Matt Ignacio for details.*

Email: [matt.sdtrembleclefs@gmail.com](mailto:matt.sdtrembleclefs@gmail.com)

Website: <https://www.trembleclefs.com/> Facebook: <https://www.facebook.com/TrembleClefsSD>

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**AudAbility** - Professional music therapy program for People with Parkinson's.

*Check the website to see if you are eligible for special subsidies for North County residents for this program.*

[MusicWorx.com](http://MusicWorx.com). Or **Cassandra Richtsmeier** 858-457-2201 or [crichtsmeier@musicworxinc.com](mailto:crichtsmeier@musicworxinc.com) .

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Christ Presbyterian Church La Costa, Oceanside First Presbyterian Church, Fallbrook Wellness Center, and San Rafael Catholic Church, RB provide their facilities at no charge. We Thank You!



Marty Acevedo grew up in Bristol, Tennessee and completed her BS in Nutrition And Dietetics at the University of Tennessee and a MS in Biology at the University of Bridgeport. She married her husband, Ace, in 2000 and has two stepchildren and a grandson. “I love to travel. Ace and I have visited 41 states and 21 national parks so far. I also am a passionate fan of the University of Tennessee and San Diego State athletics.”

During her 32 year career she was the Director of Food and Nutrition, Environmental Services, and Patient Transportation at TriCity

Hospital in Oceanside managing

190 employees and a nine million dollar budget and implementing numerous new programs.

“My first noticeable symptom was on March 3, 2002, the day my father passed away, when I developed a tremor in my left hand. After seeing other doctors over the next several years due to balance and falling issues, no arm swing, and altered gait, I was diagnosed by a Movement Disorder Specialist in 2010 who told me I had Parkinson’s and would be bedridden in ten years. Determined to prove her wrong, I immediately began an exercise program. I had DBS in 2016. Current symptoms include morning rigidity, some bradykinesia, and dystonia.”

Her involvement in the Parkinson’s community runs deep. She is the Board President of the Parkinson’s Association Of San Diego, an Ambassador for the Davis Phinney Foundation, an Ambassador for the Aware In Care initiative for the Parkinson’s Foundation, and an Advocacy Ambassador for the Michael J. Fox Foundation. She assisted with the development of the exercise program at TriCity Wellness Center, co-founded Coach Me Strong, and has presented at several of our North County support group chapter meetings. Marty has also participated in clinical studies including the MJFF S-4 and PPMI 2 biomarker studies. “I learned through GENERation that I have two autosomal recessive variants of PARKIN, meaning I likely inherited from both parents.”

“My Parkinson’s Journey has been challenging, rewarding, empowering, and humbling. I have become more mindful of each hour and each day. I am very grateful that my husband is so supportive and urges me to continue my daily exercise and busy life as a volunteer. My mother always said that everything happens for a reason. My Parkinson’s diagnosis has enabled me to find a way to live my best life and to help others find a way to live their best life.”

“We find purpose by staying positive, exercising, socializing, and practicing mindfulness. Most of all we find purpose by remembering to support each other. We are all in this together.”

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### NCPSPG Notices

**We provide information** in our newsletter and chapter meetings on a broad array of Parkinson’s-related topics and perspectives. **A presentation should not be interpreted as our endorsement.** Do your own research, and talk with your neurologist before taking action.

**We take photos and videos** at our meetings and events and may use them in our promotional materials. Please tell the event leader if you do not want your image to appear.

### Did you know?

If you are receiving this newsletter electronically you can click on the links and be taken directly to the resource. To switch to electronic delivery contact Michelle at [micheline.allen@cox.net](mailto:micheline.allen@cox.net) or Caryl at [caryl.parrish@gmail.com](mailto:caryl.parrish@gmail.com). If you find a broken link, contact Rex at [ncpsgnl@gmail.com](mailto:ncpsgnl@gmail.com).

## Critical Advance Announced in Imaging the Living Parkinson's Brain

A team funded by the Michael J Fox Foundation announced significant progress in the pursuit of detecting alpha-synuclein in the brain. The ability to detect alpha-synuclein activity in the brain would be a step towards the ever-elusive biological marker for Parkinsonianism, and would also allow for the testing of new drug therapies to address the protein's activity.

Alpha-synuclein is a protein found in everyone. But the misfolding of the protein is a pathological hallmark of Parkinson's. (See our March 2021 newsletter for a discussion of protein folding.)

PET (positron emission tomography) images of alpha-synuclein in the human brain were presented to the International Congress on Alzheimer's and Parkinson's Diseases in Barcelona Spain this year.

More good news: In February MJFF announced the award of a grant to the AC Immune team to commence human clinical trials for a specific PET tracer to detect misfolded alpha-synuclein. The ability to detect alpha-synuclein would allow researchers to determine if a particular drug therapy was impacting the disease.

For further information see the MJFF website article at <https://www.michaeljfox.org/news/breaking-news-critical-advance-announced-imaging-living-parkinsons-brain>.

### Passings

- Elaine Weiler

Our thoughts & prayers go out to family & friends

To update or remove your contact info, please let **Micheline Allen** know. 760-631-0649  
[micheline.allen@cox.net](mailto:micheline.allen@cox.net)

**Our mailing address :**

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Encinitas CA 92023**

**Our Website: (Donations accepted)**  
[NCPSG.org](http://NCPSG.org)

**Our Facebook page: (Donations accepted, no fees)**  
<https://m.facebook.com/NorthCountyParkinsonsSupportGroup/>

## CONTACTS

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